

# SBJSA Youth Sailing Programs

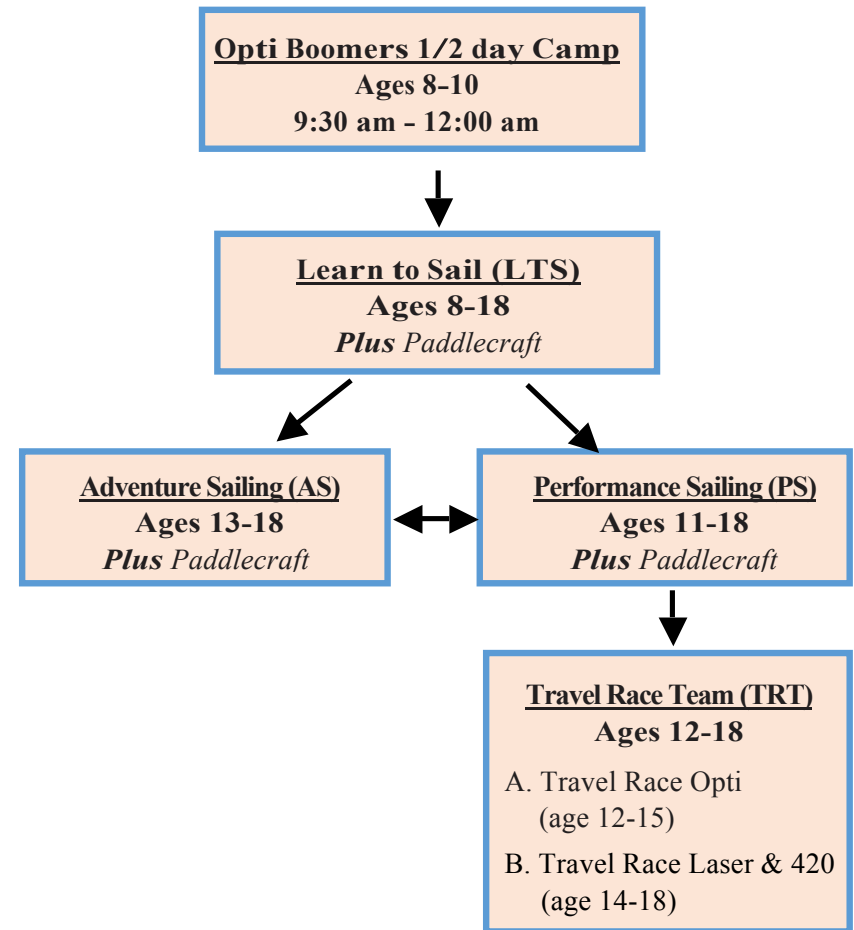
Please review prior to completing the registration form.

**SBJSA** offers a wide range of sailing & paddlecraft opportunities for new and experienced kids ages 8-18. We provide a traditional sailing curriculum and an adventure sailing option, both with paddle craft experiences. Our sailing fleet includes Optimist Prams, Club 420s, Lasers, Hobie Cats, Ideals, an O'Day 19, a Lightning, & big boat options. Our paddlecraft include kayaks, canoes, and paddle boards. In addition, SBJSA's program builds teamwork, sportsmanship, leadership, community spirit, & healthy living through highly engaging and fun activities.

In all programs below, weight and height restrictions apply to specific sailboats.

- ◆ **Opti Boomers** is designed for new sailors, 8-10 years old, who are anxious or otherwise uncomfortable getting started. This is SBJSA's only ½ day option.
- ◆ **Learn to Sail (LTS)** is the foundation to sailing. All participants are instructed in the Optimist Pram, the Laser, & the Club 420. There are 4 levels to our Learn to Sail (LTS) curriculum.
- ◆ **Adventure Sailing (AS)** introduces participants who do not wish to race to diverse sailing & paddle craft activities. The goal of this program is to provide adventure and fun in a wide array of sailboats, while developing a variety of sailing skills and experiences. Students may transfer to *Performance Sailing* after any session.
- ◆ **Performance Sailing (PS)** offers more advanced sailing instruction through a variety of experiences with our fleet of sailboats. This program includes 4 levels of curriculum focused on building overall skills and exploring sailboat racing, as well as many elements from our AS program. PS students age 13 and up may transfer to *Adventure Sailing* after any session, or join the Travel Race Team if racing interest is keen and the student is qualified.
- ◆ **Travel Race Team (TRT)** develops advanced sailing skills in a variety of competitive sailing activities, including learning the fundamental rules of racing, intramural sailboat racing and travel to area regattas for competition.

**Swim Test Requirements:** Each applicant must be at least age 8 and able to pass the following swim test on the first day of camp – swim unassisted for one pool length (25 yards) and back, tread water unassisted for 2 minutes; and put on & fasten a life jacket while in the water.



**Note:** Sailors may choose to stay in our Learn to Sail (LTS) program until age 18, or progress to Adventure Sailing (AS) or Performance Sailing (PS) until age 18, if Level 3 requirements of LTS are attained. Similarly, sailors may stay in either the Adventure Sailing (AS) program or the Performance Sailing (PS) program through age 18. If there's a keen interest in racing, sailors may join the Travel Race Team (TRT) once they have demonstrated Level 3 competency in the Performance Sailing (PS) program's curriculum.